

# Let's Go Walking...

## on the Path to Health

### Here are some helpful tips:

- Invite your friends to walk with you
- Enjoy the scenery and meet new friends on the Path to Health
- Wear comfortable shoes, clothes and sunscreen
- If you're not in the habit of exercising regularly, start slowly, enjoy being out and about. Gradually build up to the recommended 30 minutes walking a day
- Walk slowly and stretch at the beginning and the end of your walk
- Drink a glass of water after your walk
- If you have heart disease or other health problems, talk to your doctor before you start. Stop walking if you get chest pain or don't feel well
- Use care when crossing the street:
  - Cross using the walk signal or green light
  - Use crosswalks & look both ways
- At night wear light colored clothing or carry a flashlight

## Path to Health

[www.pathtohealth.org](http://www.pathtohealth.org)

### Regular walking is fun and...



...makes you feel good



...keeps your heart and bones strong



...helps you manage your weight

### PHYSICAL ACTIVITY

... reduces risk for several chronic diseases including heart disease, high blood pressure, osteoporosis, anxiety and depression.

...can help you look and feel better

...and it's fun

## Path to Health

**Our Goal is to put a Path to Health in every community in Rhode Island. Look for the cheerful sunny signs wherever you go.**

The Path to Health program was developed by the Irish Heart Foundation and is brought to Middletown by the RI Prevention Coalition, the American Heart Association and Newport Hospital of Rhode Island.

**For more information call  
The Rhode Island Prevention Coalition  
401-273-2286 or visit us on the web at  
[www.pathtohealth.org](http://www.pathtohealth.org)**



## MIDDLETOWN Rhode Island

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on the Path to Health



the rhode island  
prevention coalition



**Newport Hospital**  
A Lifespan Partner



## Path to Health

Path to Health is a simple way to help people enjoy a pleasant walk. Paths are marked at 1/2 mile intervals by signs. You can start anywhere on a path and learn what you have accomplished.

Walking is a simple, safe, and enjoyable way to get 30 minutes of activity most days of each week.

Take a friend and **ENJOY** your Path to Health



### Get Involved:

- Start a path
- Join a walking club
- Host a walking club
- Walk all the Paths
- Adopt a Path
- Contact us online: [www.pathtohealth.org](http://www.pathtohealth.org)

**Let's Go Walking...**  
on the Path to Health



Did you know walking is more than just exercise? It's a great way to make friends, relax, engage in uninterrupted conversation or hear about your kids' day. It can help you to relieve stress, uplift your mood and stay mentally fit. It's easy to do.

Why don't you give it a try?

Middletown welcomes all to our Path to Health



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The Path to Health has no beginning and no end.  
Start walking anywhere on the Path and enjoy your success

Middletown now offers a five-mile, measured and marked,  
Path to Health walking route.

A circular three-mile loop of local sites connects to windswept  
Second Beach via a two-mile extension along Valley Road.

Your visual journey can begin on **Valley Road** at the entrance to Middletown High School. Head up the driveway passed the sports fields where you might catch a glimpse of the local high school teams practicing. Upon entering J.H. Gaudet Middle School you will pass a 1/2 mile sign and realize how much you have accomplished in a short amount of time. A right onto **Turner Rd.** passes the nurseries and gardens leading to **Green End Ave.** where you can stop at Aquidneck Green for a bite to eat. Continuing down the hill leads you to the main intersection of the Middletown Path to Health, **Green End & Valley Rd.** To complete the circular loop turn right and your back to the high school or for an ocean bound tour turn left and make your way to the Atlantic Ocean. On your way you will pass the Newport YMCA, local shops and familiar eateries. You will finally end up on **Purgatory Road** at beautiful Second Beach where the last marked 1/2 mile greets you. Watch the surfers catch a wave or hunt for seashells. Feeling a bit adventuring? Then keep walking along the beach toward scenic Sachuest Wildlife Refuge. There you will find nature trails, a visitor's center, and a spectacular view well worth the extra walk!

Let sandy beaches and country roads entice you to take a walk and explore all Middletown has to offer.

Get on the Path to Health!